

What to do if you test positive to COVID-19?



1. Isolate yourself from other people

You must **isolate** for 7 days after you had your positive COVID-19 test taken.

When calculating your isolation period, the date the positive test is taken is day 0.

If you have symptoms including a sore throat, runny nose, cough, or shortness of breath in the last 24 hours of your isolation, you should stay in isolation until 24 hours after your symptoms have resolved.

If you have ongoing COVID-19 symptoms, contact your GP.



2. Report your rapid antigen test result

If you tested positive using a rapid antigen test, you must **report your result online** within 24 hours.

If you don't have a mobile phone with internet access, you can report your result by calling the SA COVID-19 Information Line (8am to 8pm, 7 days) on 1800 253 787.



3. Tell your close contacts and advise them to get tested

Your **close contacts** include:

- household members or intimate partners
- someone you have had close personal interaction with during your infectious period.

You are considered infectious two days before your symptoms started. If you don't have any noticeable symptoms, you are considered infectious two days before your positive COVID-19 test was taken.



4. Help us assess your exposure

Complete the survey in the text message you receive from SA Health. This survey will ask questions about your occupation and recent high risk setting exposure and help SA Health assess your exposure.



5. Prepare for your isolation

Most people who test positive to COVID-19 will be able to safely manage their symptoms at home with support as needed from their GP. Ask family or friends to deliver groceries and medicines as needed, or you can order food online or by telephone for deliveries to be left at your door.





6. Monitor your symptoms

It is important to monitor your symptoms while isolating at home so you know if you need to access medical support. You can use healthdirect's [online symptom checker](#) to help monitor your symptoms.

	Mild to moderate	Worsening	Severe
Symptoms	<ul style="list-style-type: none"> • Runny or blocked nose • Sore throat • Aches and pains • Cough • Tired • Headache • Loss of or change in taste and smell • Loss of appetite or nausea • Vomiting or diarrhoea, less than 4 times per day • Fever • Shakes or shivers • Dizziness or light-headedness • Mild shortness of breath • No difficulty breathing when remaining still, getting dressed or eating and drinking. 	<ul style="list-style-type: none"> • Shortness of breath when walking around the house • Difficulty breathing when remaining still, getting dressed or eating and drinking • Little or no urination • Unable to eat for more than 24 hours or unable to drink anything for more than 12 hours 	<ul style="list-style-type: none"> • Severe shortness of breath or difficulty breathing • Breathing gets worse very suddenly • Chest pain • Lips or face turning blue • Skin cold, clammy, pale or mottled • Severe headache • Passing out due to dizziness or light-headedness • Confusion (for example, can't recall the day, time or people's names).
What to do?	<ul style="list-style-type: none"> • Drink plenty of water • Supplement with oral rehydration fluids such as Gastrolyte and Hydralyte • Eat healthy food • Get enough sleep • Take paracetamol or ibuprofen if needed • Continue to take your regular medicines 	Call the National Coronavirus Helpline on 1800 020 080, or your usual GP.	Call Triple Zero (000) and tell them you are COVID-19 positive.

COVID-19 treatments are available for people who are at higher risk of severe disease and health outcomes. This includes people who are not fully vaccinated, have a low immune system or suffer from a chronic condition such as diabetes. If you think you may be eligible to receive one of these treatments, discuss this with your usual GP or health care provider.



7. Access support

If you need health support while managing your COVID-19 symptoms at home, call the National Coronavirus Helpline on **1800 020 080** (available 24 hours, 7 days) or your GP.

Visit the [Mental health support page](#) for information about looking after your mental health and wellbeing during isolation, as well as what support and services are available.

In an emergency, or if you have severe symptoms such as difficulty breathing at rest or chest pain, **call Triple Zero (000)** and tell them you are COVID-19 positive.

